

Run For The Pumpkin

October 3, 2009

N.B. do NOT make any entries in or changes to this worksheet; changes should be made to "runners" and "raw result"

8 km results

Runner	Team	Bib#	Time	Place	GPrix	AUG	LC	MAC	RDC	SAIT	Pace/km
Kip Kangogo	OPEN	105	24:58	1							03:07
Kimosop, Willy	LC	160	25:03	2	1		1				03:08
Kangogo, Ed	LC	162	26:43	3	2		2				03:20
Kiprono, Moses	LC	164	26:51	4	3		3				03:21
Kayla, Peter	LC	163	28:20	5	4		4				03:33
Epp, Travis	LC	167	28:46	6	5		5				03:36
Jonathan Werkema	RDC	170	28:52	7	6				6		03:37
Nesbitt, Patrick	OPEN	215	28:58	8							03:37
Cheshire, Christian	LC	165	29:34	9	7		7				03:42
Soop, Cobie	LC	168	29:39	10	8		8				03:42
Molnar, Warren	OPEN	149	29:47	11							03:43
Ericksen, Drew	LC	169	30:35	12	9		9				03:49
Jonathan Fuller	RDC	172	30:49	13	10				10		03:51
Dustin Fountain	RDC	171	31:21	14	11				11		03:55
Peters, Andrew	MAC	158	31:25	15	12			12			03:56
Gerhard Lotz	OPEN	175	32:09	16							04:01
Robertson, Brendan	MAC	159	32:39	17	13			13			04:05
Chris Mourik	OPEN	106	33:11	18							04:09
Stewart, Bruce	OPEN	151	33:12	19							04:09
Clack, Jack	OPEN	144	34:07	20							04:16
Alex Frost	AUG	174	34:38	21	14	14					04:20
Hume, Jeremy	SAIT	208	34:54	22	15					15	04:22
Goral, Konrad	SAIT	211	35:18	23	16					16	04:25
Josh Larabee	OPEN	217	35:37	24							04:27
Hogg, Brady	SAIT	209	35:41	25	17					17	04:28
Carson, Colm	SAIT	206	35:51	26	18					18	04:29
McCue, Dallin	MAC	157	36:03	27	19			19			04:30
Glazier, Mike	MAC	154	36:07	28	20			20			04:31
LeRuyet, Jacob	MAC	156	36:25	29	21			21			04:33
Wrightson, John	SAIT	207	36:34	30	22					22	04:34
Driol, Christopher	MAC	153	37:15	31	23			23			04:39
Steven Gill	RDC	173	37:28	32	24				24		04:41
Telke, Dwight	OPEN	152	38:13	33							04:47
Laliberte, Jonathan	MAC	155	38:55	34	25			25			04:52
Lacanilao, Brian	OPEN	146	39:25	35							04:56
Roemelle, Tracey	OPEN	138	40:13	36							05:02
Kosak, Mark	OPEN	216	40:22	37							05:03
Glengraham, Laurie	OPEN	131	40:23	38							05:03
Smith, Fraser	OPEN	150	42:49	39							05:21
Troskot, Gina	OPEN	142	43:17	40							05:25
Ohlmann, Nikki	OPEN	135	44:39	41							05:35
McDonald, Keith	OPEN	147	46:08	42							05:46
Mills, Lenny	OPEN	148	46:08	43							05:46
Sinclair, Blair	SAIT	210	46:27	44	26					26	05:48
Dixon, Taylor	OPEN	130	47:03	45							05:53
Sheffield, Krista	OPEN	140	51:41	46							06:28
Thompson, Ashley	OPEN	141	52:27	47							06:33
McKay, Vanessa	OPEN	132	55:44	48							06:58
Yagos, Tara	OPEN	143	55:45	49							06:58
Scullen, Melissa	OPEN	139	57:34	50							07:12

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above

# of runners scoring	50	26	1	8	7	4	6
total best 4 runners				10	64	51	66
rank on best 4 runners				1	3	2	4
total best 3 runners				6	44	27	48
rank on best 3 runners				1	3	2	4
total best 3 women+best 3 men				12	83	53	99
rank on best 3 women and men				1	3	2	4

AUG	LC	MAC	RDC	SAIT
-----	----	-----	-----	------

note: ACAC team scores based on Gprix placing, whereas open and hs team scores based on overall placing

Warning: sum of individual category runners not